

ABSTRACT OF DISCLOSURE

Purpose: To find out conditions for using a fucoidan-based polysaccharide composite extracted from sprouts of wakame as a mixture in order to extensively utilize the excellent function as bioprotective accelerator and immunostimulator possessed thereby for maintenance of health in human life. Solution: A fucoidan-based health food having the effect of inhibiting hyperglycemia and keeping blood sugar low is obtained by mixing an Agaricus powder to a mixture consisting of 1-90% of a fucoidan fraction extraction-fractionated from sprouts of wakame and the remainder of a fucoidan fraction extraction-fractionated from Okinawa *Tinocladia crassa*. A preferable formula composition thereof comprises the Agaricus powder mixed to a mixture of consisting of 15-35% by mass of a fucoidan fraction extraction -fractionated from sprouts of wakame and 85-65% by mass of a fucoidan fraction extraction-fractionated from Okinawa *Tinocladia crassa* in a content of 10-20% by mass based on the whole amount of the mixture.